

RECLAIMING YOUR POWER

Though we travel the world to find the beautiful, we must carry it with us or find it not.
Anonymous

*Natural wisdom seems to suggest that the way you are toward your life
is the way that your life will be toward you.*
Golda Meir

*Your living is determined not so much by what life brings to you as by the attitude you bring
to life; not so much by what happens to you as by the way your mind looks at what happens.
Circumstances and situations do color life, but you have been given the mind to choose
what the color shall be.*
John Homer Miller

★ Freud said that more of our basic needs will be met in the arena of work than in any other place. Identify three things that you value (work motivators). Examples include: challenge, excitement, recognition, fun, career growth, learning, inspiring leadership, flexibility, autonomy.

★ **The things that we want are the very things that we must bring.**
If you want more kindness, *be* more kind by setting that intention and being aware of your responses in challenging situations. If you want more humor, *bring or create* some humor in your workplace.

★ *In one of my jobs, most everyone in my department was working 9-to-12 hour days, often arriving as early as 7:00a.m. I wanted a feeling of greater personal connection. So, I brought in a coffeepot, flavored coffee and biscotti, and set it up in a spare cubicle in our department. It became an instant hit and tradition: we all shared in buying coffee and treats – all expectantly looking forward to good, strong, freshly brewed coffee daily, and surprise treats on Mondays. This small act changed the way we began our workweek – with an element of gratitude, kindness and support.*

★ Choosing one of the values you identified above, ask yourself, *What is one thing I will commit to doing to bring what I want to my work or workplace?*

FOR FURTHER REFLECTION...

LIVING WITH PURPOSE and INTENTION

We shape our destiny in the four following ways. Make a commitment and set goals for yourself to work in these areas:

1. Our small daily choices

*Become more conscious of the choices you are making – are they ones that bring you more in alignment with your goals? Your purpose? Your dreams?

2. Asking new questions

*Expand your comfort zone and your perspective – read new authors that have inspired others. Try reading poetry if you usually don't. What new questions might you ask yourself? Consider posing a new question each week and see what you might discover about yourself, your work, your life.

3. Develop new habits

Identify one thing you'd like to change about yourself – it might be a behavior or an attitude. Commit to developing a new habit that brings you more joy, satisfaction, peace or contentment.

4. Paying attention

*Expand your awareness to your surroundings, your natural world. Begin to notice and appreciate all the "small" things: a butterfly, someone's smile, a new flower bud, a word of appreciation, stars, a child eating an ice cream cone, sunshine, the sound of the ocean.

FOR FURTHER REFLECTION...

WORKING WITH YOUR UNTAPPED POTENTIAL

Consider the following questions as ways to infuse your workplace with more motivation:

- What if:
 - you brought a skill or talent to your workplace that you haven't shared before? What would that be?
 - you worked creatively with "down time" at work? What would you do?
 - you volunteered to do something that is now falling between the cracks? What is one way you could contribute to filling the gaps?

FOR FURTHER REFLECTION...

EMOTIONAL INTELLIGENCE

One of the cornerstones of emotional intelligence is drive. This is the ability to strengthen your own motivation and efforts, coupled with a belief in your ability, to shape a more desirable future.

Consider where you might place yourself on a continuum of 1 to 10 (1 = low, 10 = high):

- I respond to setbacks with renewed determination
- I reach beyond my perceived limitations
- I pursue ambitious goals rather than settling for the safety of clearly achievable results
- I believe I am capable of making a real difference in my organization
- I am confident that I can overcome the obstacles to the achievement of my goals
- I act from an expectation of success rather than from a fear of failure

Here are a few strategies to strengthen your drive:

- What challenges you in your work? Create an opportunity to maintain your edge if one doesn't currently exist.
- Find a motivational object – a poster, poem, photograph, object – which reminds you of a goal you want to achieve. Keep it in a visible place where you can see it daily.
- Identify significant achievements in your life. What obstacles did you overcome, and how, in order to reach those achievements? What did you learn about yourself? What new skills did you gain? What gifts did you receive from these experiences?
- Recognize your comfort and risk zones. Identify a current situation that calls for a different approach, perhaps something that feels like a risk. Try out some new behaviors and see what impact and difference this might have to achieving more satisfaction.